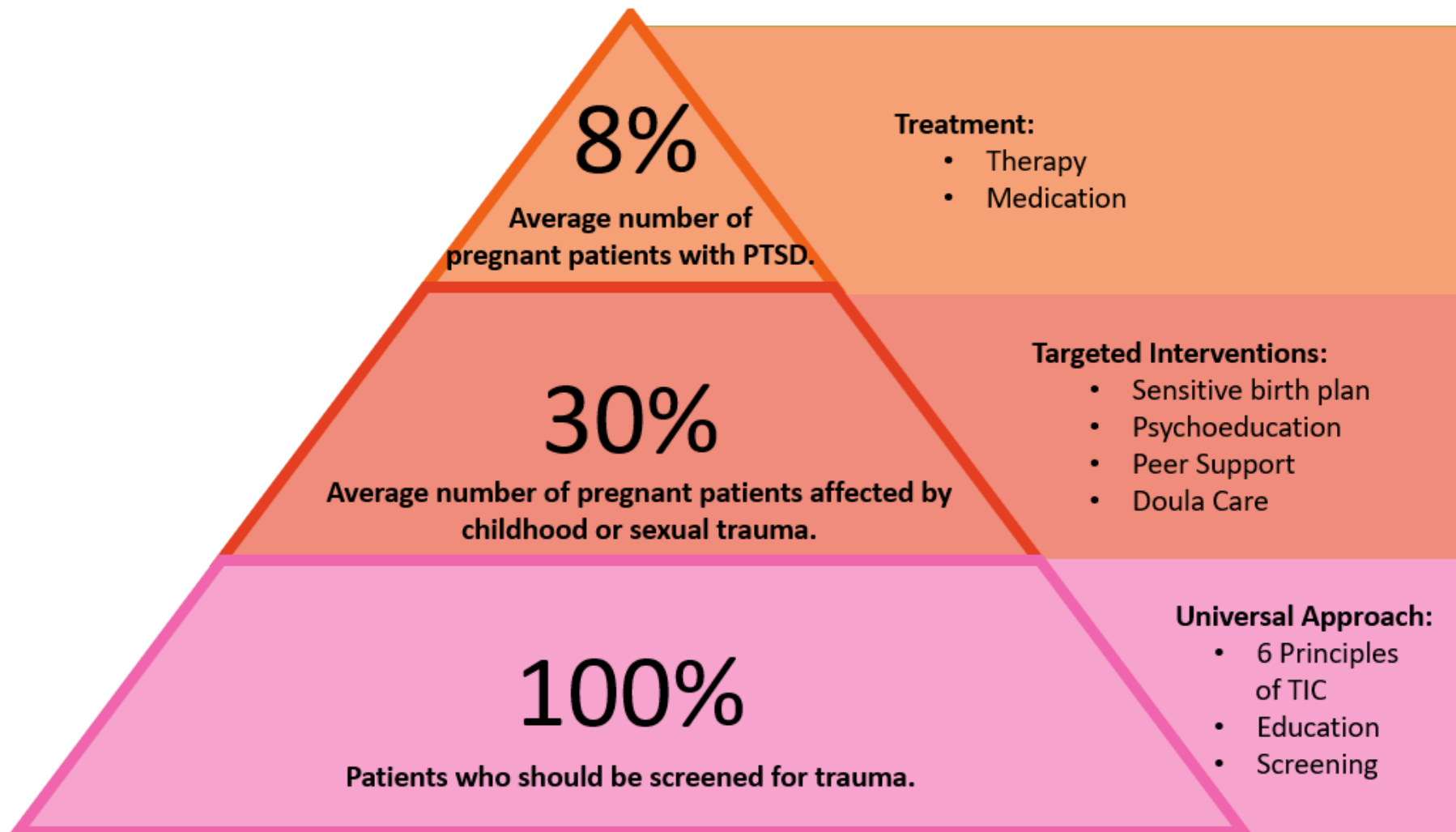


Trauma Intervention Options in Region 9

For additional pregnancy care resources, visit region9.org/respectfulcare

We recommend following this tiered approach to trauma interventions. Explore the resources in this document to learn more about what to offer to a patient disclosing trauma. Remember to assess for safety first and refer to the crisis resources if necessary.



Trauma Crisis Resources

	What is this?	How do I Access it?
National Domestic Violence Hotline	Help line and online chat, safety planning, legal assistance, Native American services, resources and information	24/7 line: (800) 799-7233 Website: https://www.thehotline.org
National Sexual Assault Hotline	Help line, resources and information, basic medical information, information about local laws	24/7 line: (800) 656-4673 Website: https://www.rainn.org
La Casa	Help line, on-call response team, crisis shelter, safe pet place, counseling, legal advocacy services, transitional supportive housing	Livingston County 24/7 line: (866) 522-2725 Phone: (517) 548-0781 Website: https://lacasacenter.org
Domestic Harmony	Help line, emergency shelter, counseling, legal advocacy services	Hillsdale County 24/7 line: (517) 439-1454 Website: https://www.domesticharmony.org
Aware	Help line, emergency shelter, advocacy, counseling, Kids' club, supervised visitation or safe exchange, on-call response team	Jackson County 24/7 line: (517) 783-1638 Phone: (517) 783- 1638 Website: https://www.awareshelter.org
Safe House Center	Help line, counseling, support groups, emergency shelter, legal advocacy services	Washtenaw County 24/7 line: (734) 995-5444 Phone: (734) 995-5444 Website: https://www.safehousecenter.org
Family Counseling Shelter Services	Help line, counseling, anger management classes, legal advocacy, community advocacy, on-call response team, child advocacy, forensic interviews	Monroe County 24/7 line: (734) 242-7233 Phone: (734) 241-0180 Website: https://www.fcssmc.org
Catherin Cobb Safe House	Help line, emergency shelter, children's programming, legal advocacy, counseling, transitional supportive housing, support groups, on-call response team	Lenawee County 24/7 line: (800) 874-5936 Phone: (517) 265-5352 Website: https://www.fccsoflenawee.org

Universal Approach

	What is this?	How do I Access it?
Universal Screening	<p>Universal screening and education are key because you can't tell who has experienced trauma just by looking at them and sometimes people may not know that they've experienced trauma. We recommend a three-pronged approach to screening.</p> <ol style="list-style-type: none">1) Universal Education2) Screening with Validated Tools3) Repeated Inquiry	<p>Learn more about a Universal Approach by checking out the <u>Universal Trauma Screening toolkit</u>.</p>
6 Principles of Trauma-Informed Care	<p>Trauma-Informed Care works best in systems where the whole environment is trauma-informed. All staff should be trained and instructed to consistently utilize the 6 Principles of Trauma-Informed Care as a key way to support individuals in their resiliency and empower them to grow.</p> <ol style="list-style-type: none">1) Safety2) Trust & Trustworthiness3) Collaboration & Mutuality4) Peer Support & Mutual Self-Help5) Empowerment, Voice, & Choice6) Cultural, Historical, & Gender Issues	<p>Learn more about the 6 Principles by checking out the <u>All Staff Training toolkit</u>.</p>

Targeted Interventions

	What is this?	How do I Access it?
Sensitive Birth Plan	Individualized birth planning can be helpful for Survivors, whether they have experienced sexual violence, interpersonal violence, medical trauma, miscarriages, still birth, infant lost, previous birth trauma, or for people who are afraid to give birth. By utilizing bi-directional care planning, providers can work with patients to develop a birth plan that works best for them.	Learn more about bi-directional care planning in the <u>Right Care Planning toolkit</u> .
Doula Care	Doulas are trained, para-professionals who provide education, physical comfort, and emotional support during the perinatal period.	<u>Click here to find DONA Certified Doulas.</u> <u>Michigan Medicine Dial-a-Doula Program</u>
Maternal Infant Health Program	Michigan's statewide evidence-based home visitation program for Medicaid eligible pregnant people and infants. A nurse and social work team identify family needs and help with resources and education.	<u>Click here to find a local MIHP.</u>

Targeted Interventions

	What is this?	How do I Access it?
Parenting Programs	<p>Mom Power uses a strengths-based, empowering framework to support moms living with adversity to learn and practice parenting and self-care skills, make connections with other moms, and engage with local resources.</p> <p>Fraternity of Fathers is a program specifically tailored for dads of young children that utilizes adventure therapy principals to deliver attachment-theory based concepts in an interactive, fun, and supportive format.</p>	<p><u>Click here to find programs.</u></p>
Psychoeducation	<p>The Survivor Moms' Companion is a psychoeducational program designed to help women with a history of childhood maltreatment and other trauma break the cycles of abuse and psychiatric vulnerability in their lives and the lives of the newly born. Learn more at <u>https://survivormoms.org</u>.</p>	<p>Virtual Appointments Available:</p> <p><u>Ann Arbor Birth & Family</u></p> <p>Michigan Medicine Midwives – email <u>Rhizald@umich.edu</u></p>

Treatment

	What is this?	How do I Access it?
DBT Therapy	DBT teaches mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.	<p><u>DBT Group at the Michigan Medicine Perinatal Psychiatry Clinic.</u></p> <p>Community therapists that specialize in DBT Therapy can be found by searching <u>psychologytoday.com</u>. Filter by type of therapy, insurance type, age, gender, and more.</p> <p>BIPOC therapists can be found at <u>therapyforblackgirls.com</u></p>
EMDR Therapy	EMDR is a mind-body therapy that helps your brain reprocess traumatic experiences.	<p>Community therapists that specialize in EMDR Therapy can be found by searching <u>psychologytoday.com</u>. Filter by type of therapy, insurance type, age, gender, and more.</p> <p>BIPOC therapists can be found at <u>therapyforblackgirls.com</u></p>

Treatment

	What is this?	How do I Access it?
Other Forms of Therapy	A lot of therapists mix methods and include education, processing, support, and skill building.	Community therapists can be found by searching psychologytoday.com . Filter by type of therapy, insurance type, age, gender, and more. BIPOC therapists can be found at therapyforblackgirls.com
Psychiatry Support – MC3 Program	The MC3 program offers psychiatry support to primary care providers in Michigan who are managing patients with behavioral health problems. This includes children, adolescents, young adults through age 26, and women who are contemplating pregnancy, pregnant or postpartum (up to one year). Psychiatrists are available through same-day phone consultations to offer guidance.	Click here to reach out to the MC3 Program.
Medication	SSRIs	Primary Care, Women’s Health, or Psychiatry can prescribe.